

# Weighing Your Options

This exercise may help with your decisions to make changes for managing your weight. In the left column, **write down all the GOOD things** about making a particular change, and give each one a value from 1-10, with 1 being the least valuable to you and 10 being the most valuable to you. Be absolutely honest. In the right column, **write down all the BAD, unpleasant, or difficult things** about losing weight, and give each one a rating from 1-10, with 1 being not very difficult to deal with and 10 being extremely difficult to deal with. Again, be absolutely honest. Then, add up the values for each column, and see which one is more. That may help you make up your mind...

Good things about making the change	Rating	Bad/hard things about making the change	Rating
1.		1.	
2.		2.	
3.		3.	
4.		4.	
5.		5.	
6.		6.	
7.		7.	
8.		8.	
9.		9.	
10.		10.	
<b>Total</b>		<b>Total</b>	

